

Ebb and Flow

REVERSING FALLS SANCTUARY

*Reversing Falls
Sanctuary
Newsletter*

January 2021



Reversing Falls Sanctuary Mission Statement

This fall the program team and the board of directors have worked together, remotely, to clarify and fine tune the RFS mission statement. At the last board meeting in December, this statement was adopted.

We strive to create a sacred, welcoming space that

- Builds a community where everyone's story is honored
- Supports artistic expression
- Models and inspires care for Earth, our common home
- Encourages the inner journeys of all

Winter Solstice

On Dec. 21st many of us observed a solstice celebration in our own homes or yards. Photos from those celebrations will be scattered through this newsletter. Those of you who took photos and have not sent them, please do so. More photos are welcome for the February newsletter.

This photo is from the Solstice ceremony at the Ferraras.



Martin Luther King Day

An exciting MLK Day commemoration is being planned for Sunday, Jan. 17 at 4 p.m. Reggie Harris will be featured in conversation with Rob Shetterly. The suggested topic is the way in which civil rights leaders like MLK, John Lewis, Fanny Lou Hamer and others transformed the trauma of racism in their own lives into the courage and the effective means of transforming society. Though



the event is still being shaped, suggestions include a reading of the names of recent killings of African Americans by police, a time of silence, the singing of Freedom songs, Reggie's own songs that address these concerns, and more. You will receive more specific detail and instructions for joining the virtual meeting as the day approaches.

This photos is of the Wheeler/Wolfe Solstice ceremony.

My Grandmother's Hands: Participating in Trauma Practices

Connie Jenkins has invited the RFS community to participate in dyads or triads in the practices that Resmaa Menakem commends to us in *My Grandmother's Hands*. Connie described what we are about as “a journey of healing racialized trauma.” Those who sign up with Connie will receive her “Preparatory Suggestions for Small Group Work.” Here follows a sketch of the suggestions she makes there:

- Keep a journal to explore thoughts, emotions and experiences
- Some questions to consider at the outset
- Things you one may want to do before small group work begins
 - Self-education* – Connie provides a list of books
 - Family History* – Trace the history of racism and intergenerational trauma in one's own family. [I have found this exercise profoundly enlightening.]
- Practice Exercises/Activities – Connie writes that “doing the body-centered practice exercises in *My Grandmother's Hands* is critical to the process of beginning to mend the body response of white-body supremacy.”

Photo from the Vencill's Solstice ceremony.



- Reading and practice suggestions from Menakem's book

For the full set of instructions, contact Connie, cijenkins@midmaine.com
 Connie is trained and experienced in trauma body work. This is an opportunity to find and heal the trauma many of us carry in our bodies.

Coming Events

Fri. January 1, New Year's Day – with hopes for a happier year.

Sun. Jan. 3, 4 p.m. Women's Circle

Mon. Jan. 4, 10 a.m. Chair Yoga with Daksha – Info: janetlynn821@gmail.com
[Chair yoga continues every Monday through Jan. 25]

Wed. Jan. 6, 2 p.m. Knit, Sew, and Chat with Daksha – Info: see Mon. 1/4
[Knit, Sew, and Chat continues every Wednesday through Jan. 6]

Friday, Jan. 8, Garden Talk Zoom Room with Daksha – join to share your passion for all aspects of gardening – info to come

Monday, Jan. 11, 4 p.m. Board of Directors meet

Tuesday, Jan. 12, 4 p.m. Program Team meets

Sunday, Jan. 17, 4 p.m. Martin Luther King Day observance

Thursday, Jan. 21 – Valarie Kaur is hosting a People's Inauguration

Tuesday, Jan. 26, 12 noon – Webinar on Mental Wellness & Resilience Policy for Climate Change and Other Adversities [Gary can provide registration info]



Photo above from Wheeler/Wolfe Solstice ceremony

Winter/Spring Series

The program team is planning a series focused on dealing with grief, personal and communal, for all the losses we have suffered this year, especially the deaths of friends and family. Details to come in the February newsletter. Meanwhile we might prepare by reading Valarie Kaur's *Revolutionary Love*.

Ring Out, Wild Bells

By Alfred Lord Tennyson [a selection]

*Ring out, wild bells, to the wild sky,
The flying cloud, the frosty light;
The year is dying in the night;
Ring out wild bells, and let him die.*

*Ring out the old, ring in the new,
Ring happy bells, across the snow:
The year is going, let him go;
Ring out the false, ring in the true.*

*Ring out the grief that saps the mind,
For those that here we see no more,
Ring out the feud of rich and poor,
Ring in redress to all mankind.*

*Ring out a slowly dying cause,
And ancient forms of party strife;
Ring in the nobler forms of life,
With sweeter manners, purer laws.*

*Ring out the want, the care the sin,
The faithless coldness of the times;
Ring out, ring out my mournful rhymes,
But ring the fuller minstrel in.*

*Ring out false pride in place and blood,
The civic slander and the spite;
Ring in the love of truth and right,
Ring in the common love of good.*

*Ring out old shapes of foul disease,
Ring out the narrowing lust of gold;
Ring out the thousand wars of old,
Ring in the thousand years of peace.*

Did Tennyson write this for this century?
This year? This moment?



Photos from the Ferrara Solstice ceremony



Photo from the Ferrara Solstice ceremony

Photo credits: Pat Wheeler, Gail Vencill,
Anne and Tony Ferrara

Reversing Falls Sanctuary is located at
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